

February 2014



FIFTY PLUS

Lynchburg Parks and Recreation 434-455-5858

www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "RED" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.*

TEMPLETON SENIOR CENTER

225 Wigginton Road - 455-4115

AARP Tax Aide

IRS Trained volunteers are on hand to help you complete your tax return. This free service is available on Mondays, Wednesday & Saturdays, 9:00am-12:30pm from February 1 - April 14. Be sure to bring all pertinent papers and a photo ID.

Please note: Due to the large number of people wishing to take advantage of this free service you may experience a long wait or be asked to come back another time. Priority is given to Seniors.

\$ Beading with Jamie

Learn beading techniques as you design your own beautiful earrings using Swarovski Cube crystals. Create a pair for yourself and another to give away.

Instructor: Jamie Carlund

Register by 2/24.

Fee: \$10.00

74404.120

Th 2/27 10:30am-12:00pm

Experiencing Norway

Officially the Kingdom of Norway, this Scandinavian territory is laced with



fjords and is renowned for the beauty of its' landscapes. Joe Lindsoe shares

some of the history and grandeur of his homeland.

Th 2/20 10:30am-11:30am

FREE Chair Exercise Video Class

Get fit and have fun exercising. It's a great exercise program everyone can do right from your chair!

Tu,Th,F 2/4 - 2/28 9:30am-10:15am

Gardens of the World - Our Country Garden in Forest

Susan Timmons has taken us around the world visiting many beautiful gardens. This month Susan's own gardening efforts will shine through her photos highlighting her garden in Forest.

Tu 2/18 10:30am-11:30am

\$ Healthy Soup and Salad Lunch

Warm up with a bowl of homemade soup and enjoy a hearty lunch that is good for you. A tasty salad, dessert and drink will complete the meal.

Register by 2/21.

Fee \$4.00

73004.120

Tu 2/25 11:30am-12:00pm

Heart Health with a Female Focus

February is Healthy Heart month. Nurse Practitioner, Allison Brooks with the Stroobants Cardiovascular Center, will share important information on how to keep your heart healthy and recognize heart problems. Issues specific to women will be addressed. Stay for lunch following the program. See above.

Tu 2/25 10:30am-11:30am

\$ Knitting Class: Ruffle Scarf

Knitters of all levels will enjoy making this easy and attractive ruffle scarf.

Bring your own skein of Starbella cotton yarn and size 8 needles.

Instructor: Judy McGhee

Register by 2/10. 2 Sessions

Fee: \$10.00

73004.123

Th 2/13 - 2/20 **6:00pm-8:00pm**

\$ Mahjong Lessons

Learn this ancient Chinese game, similar to the Western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

Instructor: Karen Bridgett

Register by 2/12. 3 Week Session

Fee: \$10.00

73004.122

F 2/14 - 2/28 9:30am-11:30am

\$ Oil Painting Basics

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. Our inspiration picture will be a 'California Beach' scene. Students should bring their 11 x 14 canvas and brushes.

Instructor: Rodney Laughon

Register by 2/14.

Fee: \$45.00 LR: \$30.00

74400.120

Tu 2/18 1:00pm-4:00pm

\$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, and mats.

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74209.120

Tu Th 2/4-2/27 **6:00pm-7:00pm**



Valentine Jingo

It's Bingo with a Valentine's flare!
Bring two wrapped gifts to share.

Tu 2/11 10:30am-11:30am

Vision Information Station & Vision Support Group

Learn about the valuable resources available to people with visual challenges as Interfaith Outreach provides staff and materials to keep you informed. A Vision Support Group will meet from 1:00 -2:00 for caregivers and those with visual challenges, giving them opportunities to share experiences, solutions and lifestyle changes.

Th 2/27 10:00am-2:00pm

\$ Watercolors Express

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes.

Instructor: Betty Leary
Register by 2/7.

Fee: \$23.00 LR: \$15.00

74401.120

Tu 2/11 1:00pm-4:00pm

\$ Yoga

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.120

Tu 2/4-2/25 8:15am-9:05am

Inclement Weather

When Lynchburg City Schools close due to inclement weather, our morning classes are cancelled. Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon taking into account locations, conditions and your safety. If there is a question, call 455-4115.

\$ Zumba

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 2/17.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74208.120

M W 2/3-2/26 5:00pm-5:45pm

Special Interest at TSC

Canasta

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.

F 2/7-2/28 9:30am-11:30am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news.

W 2/5 & 2/19 10:30am-11:30am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature & poetry. New comers are always welcome.

Th 2/13 10:30 am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain. Beginners welcome.

Th 2/6-2/27 9:30am-12:30pm

Pinochle

Pinochle is a trick-taking card game typically for two to four players and played with a 48 card deck. Each hand is played in three phases: bidding, melds, and tricks. Interested players and beginners are welcome.

Tu 2/4-2/25 9:30am -11:30am

FAIRVIEW CENTER

3621 Campbell Ave. - 847-1751

BINGO

Bring 2 NEW UNWRAPPED gifts.

W 2/26 10:30am-11:30am

Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Club Fee: \$5.00

Register monthly.

W F 2/5-2/28 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. No class 2/17.

Instructor: Jan Baker

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.120

M W F 2/3-2/28 11:30am-12:20pm

\$ Lunch and Learn: Chair Exercise

Jan Baker will lead a few easy, yet helpful exercises to do from a chair.

Fee \$4.00, for lunch.

Register by 2/14.

63400.120

W 2/19 11:00am-12:30pm



Name that LOVE song

Listen to a short snippet of a song, name artist and title to become the "Love Song Champion." Enjoy hot chocolate and cookies, too.

W 2/12 10:30am-11:30am

\$ Pottery Trinket Box

Create a small trinket box with lid and choose paint color of your choice.

This is a two part class.

Fee \$5.00.

Register by 2/18.

63600.121

F 2/21 & 2/28 10:30am-11:30am

Social Bridge

Interested in playing bridge and making new friends? Come join the fun at Fairview.

M 2/3, 10, & 24 9:30am-11:30am

\$ Valentine Candy Craft

Make a milk chocolate or white chocolate candy heart to give to someone special or enjoy yourself. Register by 2/12.

Fee \$3.00

63600.122

F 2/14 10:30am-11:30am

\$ Zumba Exercise Class

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.122

Tu Th 2/4 -2/27 6:00pm-6:45pm

DIAMOND HILL CENTER

1005 17th Street - 847-1409

\$ Black History True Stories:

Monday Movie Series

2/3, 10, & 24

10:00am – 12:00pm

Call Center for details.

\$ Grant Writing Workshop

Learn the nuts and bolts of writing an effective grant proposal.

Instructor: Elaine Duke.

Call to register.

Fee: \$15.00 LR\$10.00

66500.101

Th 2/6 5:30pm-7:00pm

\$ Mid-Day Movie & Hot Dog Lunch

The Last Brick Maker in America movie stars Sidney Poitier.

Call to register. Payable onsite.

Fee: \$2.00

W 2/12 12:00pm-1:30pm



\$ Young at Heart Programs

Annual Soul Food Luncheon. Guest

Speaker Dr. L. Garnell Stamps.

Call to register. Payable onsite.

Fee: \$7.00.

Th 2/13 11:00am-1:00pm

Gospel Concert with V.U.L.VOICES

and Diamond Hill Baptist Church

Senior Praise Dancers.

Th 2/27 11:00am -1:00pm

DANIELS HILL CENTER

317 Norwood Street - 847-1396

\$ Golden Sliders Dancing and Exercise Class

Want to learn the latest slides for your next event. Join us and learn the slides and get in shape.

Payable onsite.

Fee: \$2.00 each date

Tu 2/11 & 2/25 10:30am-11:30am

ART STUDIO AT

JACKSON HEIGHTS

720 Winston Ridge Rd - 455-4001

\$ Beginning Hand built & Wheel Pottery – Two Classes Offered

Learn to make clay pottery using both hand forming and wheel throwing techniques.

Instructor: Gail Speidell

Register by 1/28. 8 Sessions

Fee: \$103.00 LR: \$88.00

26000.210

Tu 2/4 - 3/25 9:00am-12:00pm

Or

26000.212

W 2/5 – 3/26 6:00pm-9:00pm

\$ Stained Glass Panel

Learn to cut, grind, and solder to create a colorful stained glass window hanging.

Instructor: Carter Martin

Register by 2/20. 8 Sessions

Fee: \$105.00 LR: \$90.00

63600.120

Th 2/27-4/24 6:30pm-8:30pm

ACADEMY OF FINE ARTS

600 Main Street - 846-8499

\$ Building Knitting Skills – Dish Cloth

Learn basic knitting skills in this two hour workshop while creating a dish cloth from start to finish. Students should bring a skein of "Sugar and Cream" cotton yarn and size 8 knitting needles.

Instructor: Judy McGhee

Register by 2/5.

73001.211

Fee: \$15.00 LR: \$10.00

Sa 2/8 10:00am-12:00pm

OTHER LOCATIONS

Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center,

6015 Fort Avenue

Tu 2/4-2/25 1:00pm- 3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis.

Staff: Marsha Berry

Register monthly. 4 Week Session

Fee: \$10.00

73703.120

Heritage United Methodist Church,
582 Leesville Rd.

Th 2/6-2/27 2:00pm-5:00pm



\$ Fifty-Plus Whiffleball/Indoor Softball

Stay active with this fun-filled, fast paced indoor version of softball. Coed games, focused on fun and friendly competition.

Staff: Lynn Fox

Register monthly. 4 Week Session

Fee: \$10.00

73702.121

Heritage United Methodist Church,
582 Leesville Rd.

W 2/5-1/29 9:00am-11:00am

☎ Golden Gourmet @ China Super Buffet

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous story or joke to share (optional).

Register by 2/26. Call 455-4115.

Meet at: China Super Buffet, 3412 Waterlick Rd.

73700.120

F 2/28 11:30am-1:30pm

New Chapter Book Group

Applying her psychic talents to two mysterious cases, policewoman Martha Ayers attempts to settle local superstitions about a two-hundred-year-old ghost while tracking down an escaped prisoner in "She Walks These Hills" by Sharyn McCrumb.

Meet at: The Drowsy Poet /Given's Book Store, 2236 Lakeside Dr.

M 2/24 10:30am-11:30 am

Coming in MARCH

\$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must!

Instructor: Ed Moldenke

Register by 2/28. 6 Week Session.

Fee: \$49.00 LR: \$34.00

74002.130

M 3/3-4/7 9:30am-11:30am

\$ Exploring Watercolors

Discover the basics of layering, blending and building depth in your paintings. Learn different techniques and how to correct mistakes.

Instructor: Betty Leary

Register by 3/4. 6 Week Session

Fee: \$75.00 LR: \$60.00

74401.131

Th 3/6-4/10 6:30pm-8:30pm

\$ Fundamentals of Oil Painting

Learn the fundamentals of oil painting as you explore the techniques of color blending, layering and application. Bring two 11" x 14" canvases and an inexpensive brush set to the first class.

Instructor: Betty Leary

Register by 3/6. 6 Week Session

Fee: \$75.00 LR: \$60.00

74400.131

M 3/10-4/14 6:30pm-8:30pm

\$ Hand Made Lace Class: Tatting

Learn the art of tatting, by creating an ornament or a cross. The project progression will teach you all the skills needed for making your own lace. Practice yarn available.

Instructor: Judy McGhee

Register by 3/3. 4 Week Session

Fee: \$30.00 LR: \$20.00

73004.132

Th 3/6 – 3/27 6:00pm-7:00pm

Spring Banquet

Enjoy a delicious meal, great entertainment, door prizes and more.

Tickets \$8.00 on sale 2/24 – 3/17.

Chestnut Hill United Methodist Church, 4660 Fort Avenue

Th 3/20 11:00am-1:00pm

Zumba AM New Time

Start your day with a great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms.

Register monthly. 4 Week Session
74205.131

Fee: \$36.00 LR: \$24.00

Tu Th 3/4 – 3/27 9:30am-10:15am

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central Virginia Area Agency on Aging 12th & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices



Lynchburg Parks & Recreation City Wide Program Staff

Allyson McSwain,
Supervisor City-Wide Centers

Lynn Fox, Senior Recreation
Specialist, Templeton Senior Center

Marsha Berry, Recreation Specialist
Templeton Senior Center

Tamara Reynolds, Recreation
Specialist, Templeton Senior Center

Jamey Love, Recreation Specialist
Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please, tell us upon registering and at least 10 days prior to the class or event